

**Seacoast Swim Club
Harvest Meet
Sunday, November 29, 2009**

- SANCTION:** Maine Swimming, Inc. Sanction Number: ME 0910-1129
- LOCATION:** Greely High School Pool, 303 Main St., Cumberland, Maine
- FACILITY:** The pool is a 5 lane, 25-yard pool with non-turbulent lane lines and Colorado automatic timing system. Bleacher seating is available at the pool.
- SCHEDULE:** See schedule of events page.
- FORMAT:** All events will be time finals. 25 yard event will be swum from the start end of the pool to the shallow end with manual timing in accordance with USA Swimming rules. There will be no time trails.
- For question concerning this meet please contact: Robin Dunnett SSC Meet Director at wdunnet1@maine.rr.com . Meet Referee will be Len Kaminow.

DECK CREDENTIALS: **Only certified and meet registered coaches, session officials, registered USA swimmers and Meet Staff will be allowed on deck outside of the spectator seating.**

ENTRIES: This meet is recommended for swimmers of all ages. Swimmers are limited to 5 individual events per day. **All swimmers must be registered with USA-Swimming.**

Entries may be submitted via email in Hy-Tek file format or via USPS. All entries must include the swimmers full name (first, last, middle initial), team name, current USA registration number, and seed time.

All Entries must be received by 6:00 p.m., Wednesday, November 18, 2009. Seacoast Swim Club is not responsible for undelivered e-mail entries; please follow-up to insure your entries have been received. Deck entries will not be allowed.

E-Mail entries to: coachssc@yahoo.com

Send USPS entries to: Larissa Herold
74 Blanchard Road
Cumberland, Maine 04021
Phone: 829-8059

**Cell Phones of any kind are prohibited from the locker rooms. All video recording or image capturing devices of any kind are prohibited from the locker rooms.
THERE ARE NO EXCEPTIONS!**

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FEES: \$3.00 per individual event for HY-TEK computer entries.
\$3.50 per individual event, for all manual (non-computerized) entries.

Please make checks payable to **Seacoast Swim Club** and mail to address above. (One check per team).

There will be a \$2.00 admission fee for spectators.
Programs will be available for \$3.00 per session.

SEEDING: The meet will be pre-seeded slowest to fastest.

RULES: Current USA Swimming rules apply. Decisions by the meet referee are final except as stated in the protest section below.

AWARDS: Ribbons will be awarded to the 1st – 8th place in each individual event.
Heat winners will receive a prize.

SAFETY: Each participating swimmer must be under the supervision of a USA Swimming certified coach with a current USA-Swimming membership. There will be absolutely no diving (sit and slide entries are permitted) into the pool except during sprint lane warm-ups and swim event starts. All entry into the pool is from the deep end only. Non-compliance is justification for disqualification from the meet.

PROTESTS: A committee will be formed to handle and protests that arise during the meet. The committee will include the meet director, the meet referee, a coach and an athlete (not from the same team as the originator of the protest). Protests must be submitted as described in the USA rule book.

LIABILITY: Seacoast Swim Club, Greely High School, and the Greely School System shall be free from any liability or claims for damages by reason or injury to anyone during the conduct of the meet.

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Schedule of Events

Warm-ups: **All swimmers shall enter feet first at the starting end of the pool. Sprint lanes will be announced during the warm-up period. Headfirst dives are allowed in sprint lanes only.**

Morning Session: Warm-up for **Seniors**: 8:30 a.m. -8:55 a.m.
Warm-up for **10 and Under**: 8:55 a.m. -9:25 a.m.
Start time: 9:30 a.m.

Girls Event #	Age	Event	Age	Boys Event #
1	10 & Under	100 Individual Medley	10 & Under	2
3	Senior	200 Individual Medley	Senior	4
5	10 & Under	50 Backstroke	10 & Under	6
7	Senior	200 Backstroke	Senior	8
9	10 & Under	50 Butterfly	10 & Under	10
11	Senior	200 Butterfly	Senior	12
13	10 & Under	50 Breaststroke	10 & Under	14
15	Senior	200 Breaststroke	Senior	16
17	10 & Under	50 Freestyle	10 & Under	18
19	Senior	200 Freestyle	Senior	20

Afternoon Session: Warm-up for **11 – 12**: 12:30 p.m. -12:55 p.m.
Warm-up for **8 & Under**: 12:55 p.m. -1:25 p.m.
Start Time: 1:30 p.m.

Girls Event #	Age	Event	Age	Boys Event #
21	8 & Under	25 Freestyle	8 & Under	22
23	11-12	100 Individual Medley	11-12	24
25	8 & Under	25 Backstroke	8 & Under	26
27	11-12	100 Backstroke	11-12	28
29	8 & Under	25 Butterfly	8 & Under	30
31	11-12	100 Butterfly	11-12	32
33	8 & Under	25 Breaststroke	8 & Under	34
35	11-12	100 Breaststroke	11-12	36
37	8 & Under	50 Freestyle	8 & Under	38
39	11-12	100 Freestyle	11-12	40

All 25 yard events will start from the start end of the pool. Times will be recorded manually using stop watches in accordance with USA Swimming rules.

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